

Sport, Lifestyle and Recreation Studies

The following contains a description of the course we offer to students at St Marys Senior High. It is intended as a guide to help you select your subjects and you should read it carefully.

Please note:

- The details given represent the way that the course is delivered at St Marys Senior High and may involve different choices from the way other schools might operate the same course.
- Classes can only be formed where sufficient students select the particular course. The fact that a course is listed here is not a commitment to run the course in a particular year.
- The arrangements for particular courses are subject to change for a variety of reasons.

Sport, Lifestyle and Recreation Studies - Course Details

Units	Type	ATAR	Faculty Teaching This Course
2	Content Endorsed Course – Syllabus is set by BOSTES but examined at school, and marks do not count towards an ATAR	N – Does not count towards an ATAR	TAS/PDHPE

This is a 2 Unit, 1 year course.

It is possible for students to study both Sport, Lifestyle and Recreation Studies and PDHPE.

What will I be doing in this course?

Sport, Lifestyle and Recreation Studies makes a positive contribution to the overall wellbeing of students. They will develop knowledge and understanding about the importance of adopting and maintaining an active lifestyle and learn the movement skills required to participate in a wide variety of sport and recreation contexts. The course features a highly practical focus with physical activity used as an area of study and a medium for learning.

Options Modules:

- Aquatics – swimming, lifesaving and aquatic activities.
- Games and Sports Applications I and II – elements, strategies and skills of specific games and sports and aspects of team play.
- Individual Games and Sports Applications – elements of individual performance and competition, practice and training.

What should I be able to do at the end of the course?

Students will develop:

- Knowledge and understanding of the factors that influence health and participation in physical activity.
- Knowledge and understanding of the principles and processes impacting on the realisation of movement potential.
- The ability to analyse and implement strategies that promote health, physical activity and enhanced performance.
- A capacity to influence the participation and performance of self and others.
- A lifelong commitment to an active, healthy lifestyle and the achievement of movement potential.

How will this course help me in the future?

Sport, Lifestyle and Recreation reinforces the importance of being active and helps to develop a range of skills that will assist students to remain active throughout their lives.

Students will develop the knowledge and skills to enable them to take on officiating and support roles in community based sporting teams and clubs as either a team coach or as a member of a sporting club's management committee. They will also help contribute to a health-promoting community that is supportive of its members adopting a healthy lifestyle.

The sport and recreation industry is a major growth area and this course addresses the vocational possibilities in this sector. Sports science, physical education and human movement present viable post-school study and career pathways.